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Post Ex-Scientology



"Getting out of a 'cult' is not something that you recover from, it is something you are strengthened by."-- Alanzo



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💡 Leah Remini Scientology and the Aftermath, slider, Tony Ortega

Email any comments to Alanzo@AlanzosBlog.com. If I find your comment particularly well-written & insightful, I will post it here in the comments section.

Who is Alanzo?

Alanzo is an Ex-Scientologist who sees the same tribalism he escaped in Scientology rising up in Anti-Scientology.

Out of all the lessons he learned by escaping Scientology, he learned one lesson harder than any other: **Never let your tribe do your thinking for you.**



Alanzo thinks and writes about creating and maintaining the courage to listen to yourself.

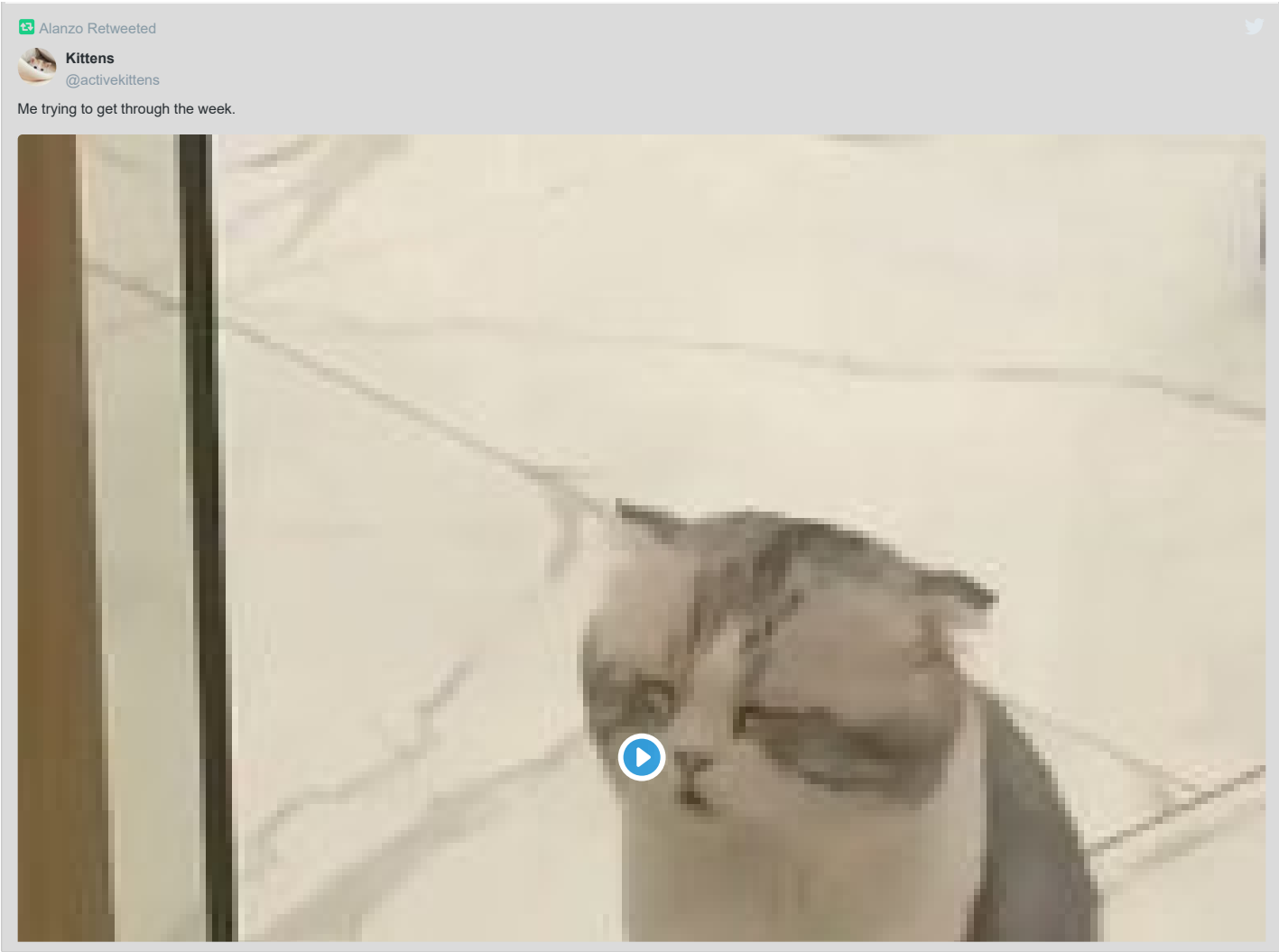
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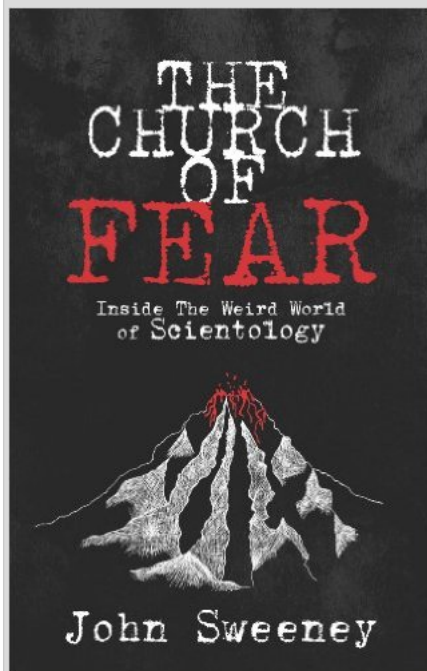
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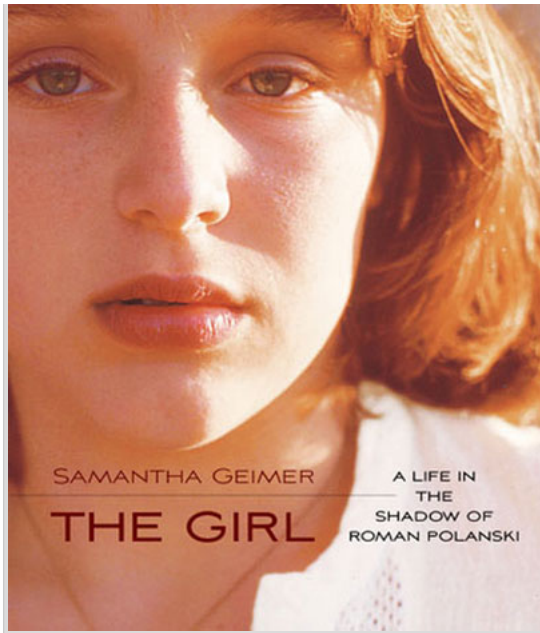
Brainwashing In Scientology: Security Checking & OW Writeups



Best Book on David Miscavige & The Church of Scientology

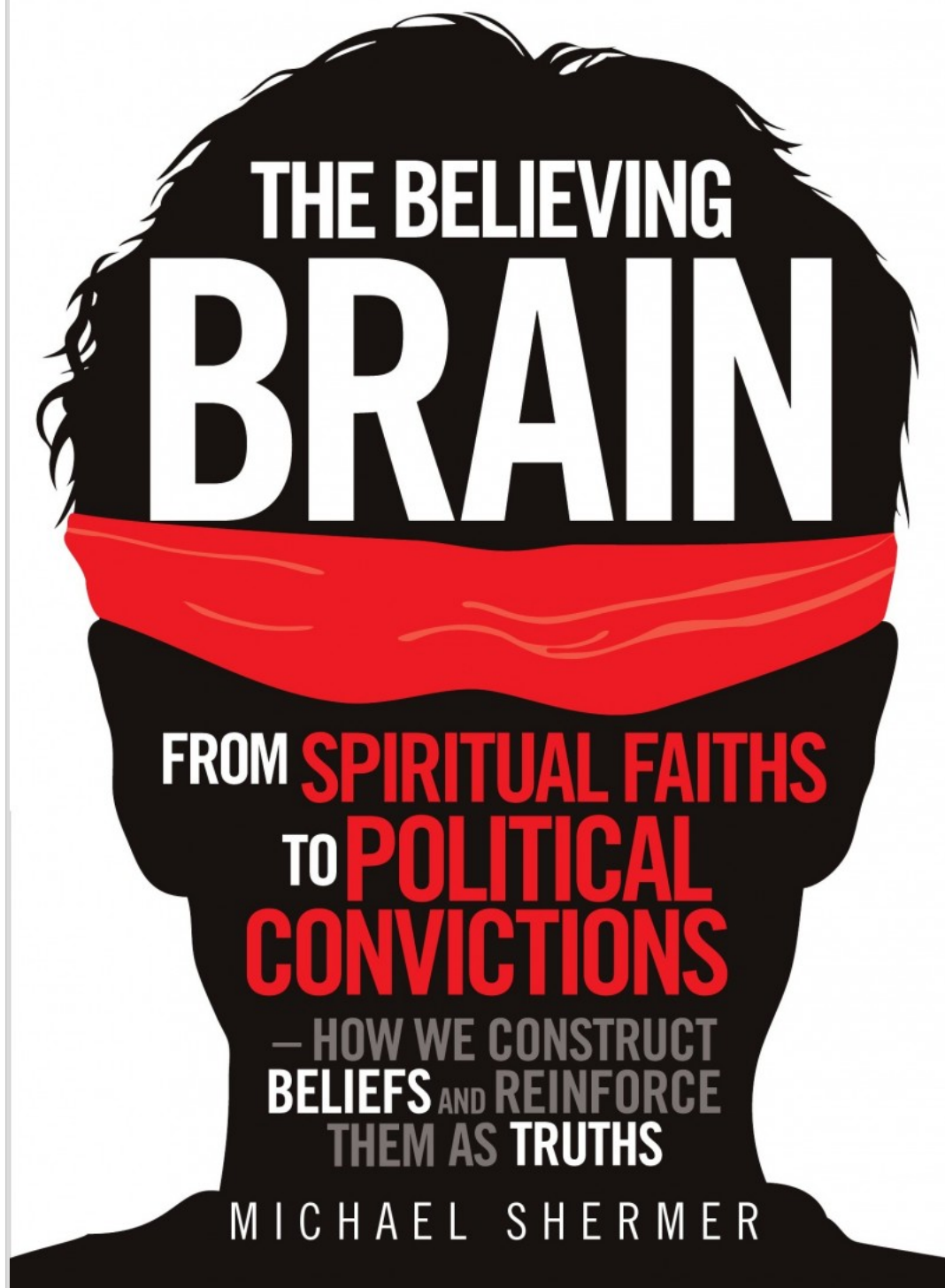


Best Advice I've Seen for Victims of Abuse



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'A lucid, accessible account of the boundary between justified and unjustified belief.' **SAM HARRIS, *THE END OF FAITH***



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GEOR&IAMURCH

Are quick to fault others
and slow to take ownership
for situations or their reactions.



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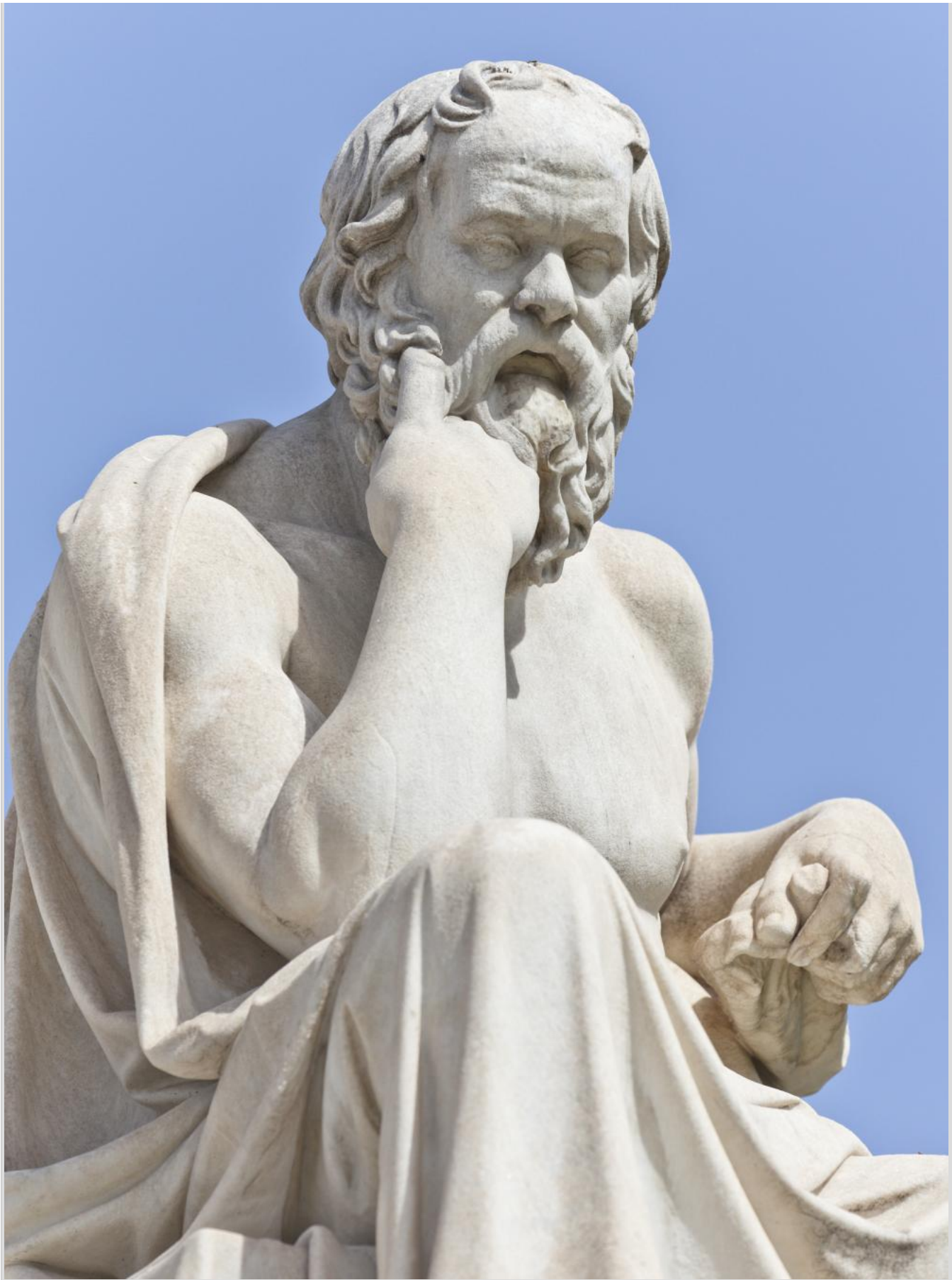
Tony Ortega on AlanzosBlog



Here's What Makes a Scientologist Stupid



How LRH Tricked You: Scientology Logic vs. Logic



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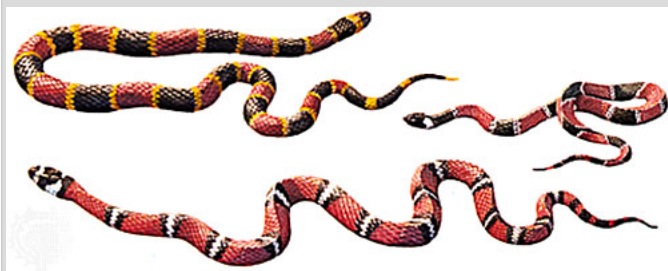
Use Basic Skepticism on Scientology Tech



An Example of L Ron Hubbard's OT Abilities



Scientology & Mimicry



To Fully Understand Scientology You Can't Use Scientology to Understand It



Alanzo Was an Undercover Agent for the Office of Special Affairs



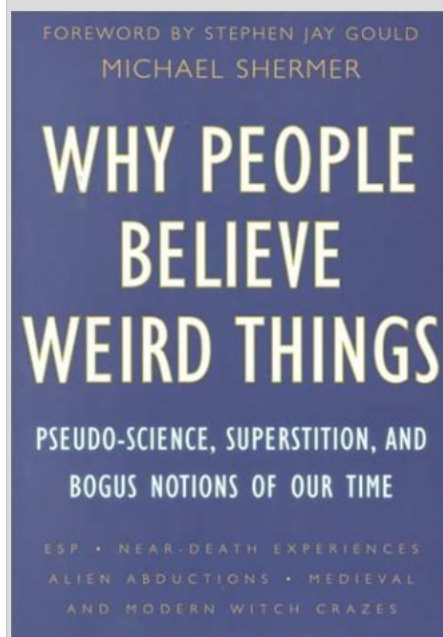
Post-Traumatic Growth



The Anti-Cult Movement



Basic Skepticism for Anti-Scientologists



Catastrophizing Scientology**Mike Rinder on AlanzosBlog****Charles Lakes: Scientology's Olympic Thetan**



What is Post-Ex Scientology?



Embrace Your Inner Scientologist



Thinking the Worst of Yourself as a Scientologist



About Alanzo

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Contact Alanzo

You can email Alanzo at Alanzo@AlanzosBlog.com

A Study List for Life After Scientology



Cognitive Dissonance – More About

Leon Festinger
Henry W. Riecken
Stanley Schachter

when prophecy fails

FOREWORD BY
Elliot Aronson



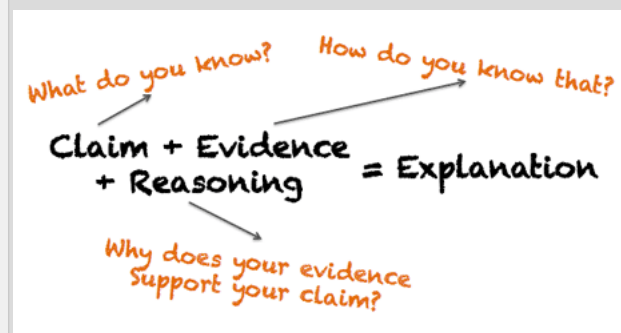
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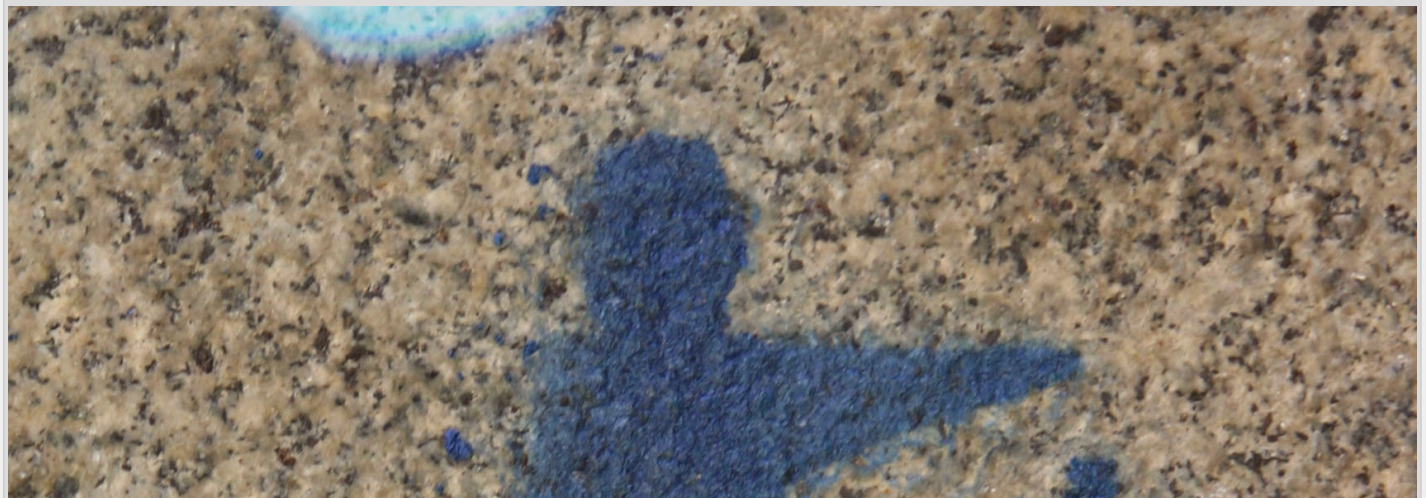
What's Good In Scientology: The Early Emphasis on Present Time



In Defense of J Gordon Melton



Apostasy – What is That, Exactly?





Great Doco for Exes – DEPROGRAMMED



Consonance and Dissonance in Thinking About Scientology



Notes of the Phases Into & Out of Scientology & Ex-Scientology



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Created by **Alanzo**